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IN NEED OF CHEER, SHANNON UNLEASHES BOXES OF K-9 JOY BOUNDING INTO THE CUBICLES OF THE SOON-TO-BE-FIRED FULL-TIME STAFF **PAGE 11**



Will policing costs survive lean times?

External audit on the agenda for Thursday's police board meeting **PAGE 3**

London police work with U.S. in child-porn bust

London man's arrest earlier this year led to freedom for Florida victim **PAGE 5**

Have a merry Christmas: From, comet

ISON, 'potential comet of the century', should put on quite the cosmic show next month **PAGES 8 & 9**



JUMPING FOR JOY

Students and staff of Westminster Secondary School unveiled their long-awaited new gym floor during a pep rally Wednesday. From left are, Malak El-Saleh, Heba Hussain, athletic director Michelle Lange, Cole Findlay, Mohamed Eid and Luol Gebru. See story, page 4. **MIKE DONACHIE/METRO**

Cops urge calm amid reports of voyeurism

Western University. Investigation comes on heels of man convicted of 12 charges

London police are investigating after receiving reports from Western University students that there may be another Peeping Tom taking secret pictures of them.

Fears are high after Bradley Priestap was arrested in September 2012. The serial voyeur was convicted in August of 12 charges, including voyeurism and breaking into homes to commit voyeurism.

He broke into a house and filmed two female students as they slept and took more videos

Description

This description of a man seen filming in the Broughdale area on Sunday was posted on Facebook: "The man was Caucasian, had a black DSLR camera, was wearing a black coat, and looked as if he was in his late 40s."

and photos of female students through windows.

At the time of his arrest, he was carrying a bag with duct tape, a flashlight, a screwdriver and a black toque inside of it.

London police spokesman Const. Ken Steeves confirmed the new investigation, but stressed that it's in its initial stages. Calm should prevail on

and around campus, he said.

"There's the potential that somebody is taking pictures," he said, "but we don't have enough information yet."

"We've heard from a victim of someone who appeared to be taking pictures or video of them through a window."

He added there are a number of plausible reasons for an unfamiliar man to be carrying a camera in a student neighbourhood, but urged students to err on the side of caution.

"Always close your blinds or curtains. Always lock your windows, if possible, and keep doors locked. Don't hide a key outside where it can be found for a friend or roommate."

He also said people who see suspicious activity should call police. **SCOTT TAYLOR/METRO**



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Policing costs back in spotlight

Financial specialists. PricewaterhouseCoopers scrutiny on the agenda for board meeting

An external audit designed to keep costs down is on the agenda for London cops — literally.

When the London Police Services Board meets Thursday, it will discuss an agenda item titled “PricewaterhouseCoopers Audit.”

That name is significant in these lean times. The same financial services company carried out audits on city services last year and found \$750,000 in savings in three departments at city hall.

The city offered PWC’s services, at no cost, to boards and commissions, including the police and London Public Library. The library took up the offer and in September said it could save at least \$70,000 by making some changes.

But the police-services board has not yet agreed to bring in PWC. Could that be about to change?

Two key members of the board declined to answer the question Wednesday.

Police-services budget chair

Specifics

- October’s police services board meeting heard that cops will request a 4.2% increase in its operating budget for 2014.
- That would see their budget rise to \$93.4 million from \$90.5 million this year. Most of the increase is needed for personnel costs, officials have said.
- Last year, the force asked for 3.6% more, but received 2.9% from city council.

Paul Paolatto said he couldn’t comment in detail ahead of the meeting, but said there are “several initiatives under way around the budget.”

Some council members suggested in October — when the police force’s budget request was tabled — that an audit might be a good idea.

Police board chair Michael Deeb said “the board has never said no to a PricewaterhouseCoopers audit” but said “it would be premature to comment” on the agenda item prior to the board meeting.



Christmas wishes

Buddy the Elf knows what would be the best Christmas present ever: For people to come to see him at The Grand Theatre. Elf, the musical production, runs through Jan. 4 and tells of Buddy’s quest to meet his father and get him off Santa’s naughty list. Pictured are Liam Tobin, as Buddy, and Neil Barclay as Santa.

MIKE DONACHIE/METRO

1 NEWS

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Once a Wildcat, always a Wildcat. Former coach Dan Colfax returned to Westminster Secondary School to see the new floor on Wednesday. MIKE DONACHIE/METRO

Westminster gets floored

Official unveiling. New gym floor ready to go at secondary school, thanks in part to three London businessmen



DAVE LANGFORD
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A dream hatched nine years ago officially became a reality Wednesday for Westminster Secondary School.

The 50-year-old southwest London facility became the last high school in the city to rid itself of the old gymnasium tile flooring, replaced by a stunning new hardwood surface.

A pep rally kicked off the

official unveiling.

And while the \$250,000 floor could not have become a reality without the hard work of school coaches and officials, it took the vision of three London businessmen — with absolutely no connection to Westminster — to put the project over the top financially.

The trio — Jeff Bibbings, Peter Hall and Sandy Mikalachki — came on board after a newspaper story two years ago outlined the challenges the school faced in getting the project completed. Money and apparent board indifference were roadblocks.

Mikalachki said Bibbings was the “catalyst” after reading the article and telling his wife “this is wrong.”

Bibbings approached Hall

and then Hall added Mikalachki and away they went.

“Writing cheques and just appealing to a different community” was the role the trio took on, Mikalachki said.

Westminster physical education head Mike Bates said the threesome helped out financially, as well as participating in meetings. And Mikalachki now even helps coach the junior and senior girls basketball teams.

Sheila Powell, principal at Westminster for the past three years before this one, said the funding for the floor was divided three different ways — 20 per cent from the school board, 35 per cent from corporate donations and 45 per cent from charitable organizations and individual donors.

Those were the days for Metro reporter

Pep rally brings back memories

Covering the public unveiling of the new gymnasium floor Wednesday at Westminster brought back plenty of memories.

And all those recollections were good, including bumping into basketball coach Dan Colfax, an early driving force

in the new floor project.

It seemed like yesterday that I was neither a top student nor an athlete of note at the 50-year-old school.

Not unless you count the golf team or one year of senior boys volleyball. Or being part of the team that “borrowed” the door off the staff cafeteria in order to “convince” the teachers to donate to the Bunny Bundle charity.

And then there was my

junior basketball tryout. After the first cuts, wind sprints were next. I sat down for the last round and was the only other person sent packing after that.

“Do you feel the least bit bad about cutting me?” I asked Colfax on Wednesday with a silly smile on my face.

“Well, when I get the guys together, you better be in shape, because I’m going to start you,” he replied.

DAVE LANGFORD/METRO

Public asked to weigh in on research question

How should researchers at Canada’s universities be spending their time?

It’s an important question, and the public is being asked to help answer it.

Five researchers from across Ontario, including a prominent Western University figure, will be involved in a London debate next week called What Matters Now?

The free public-engagement event is part of the speaker series Research Matters, which will travel across the province over the next five months.

In London, researchers from five universities will discuss the eradication of infectious

Part of speaker series

What Matters Now? is to be debated at the London Children’s Museum from 6:30 to 9 p.m. Tuesday.

- The program of debates travels to Thunder Bay on March 4, to Toronto on April 9 and to Kingston on April 23.

disease, the threat of Canadian terrorists, how to improve cross-border trade and how to maintain mobility into old age.

Among them is Western

neuroscientist Jody Culham, who specializes in tracking brain signals via magnetic resonance imaging.

Each speaker will present a topic and ask people to decide what matters most, giving an opportunity to discuss the future with some of the university researchers who are helping create it.

The series is a collaborative effort of the Council of Ontario Universities, and will be moderated by radio and television personality Piya Chattopadhyay, who is often a host on CBC radio and TVO’s current-affairs program The Agenda.

MIKE DONACHIE/METRO

Fontana, Ford, et al. Tory MPP pitches recall bill in wake of mayoral scandals

A Conservative politician has introduced a private members bill at Queen’s Park that would allow for the recall of MPPs.

The bill, says Randy Hillier, could “be easily amended to include all municipally elected officials.”

The bill would allow voters to launch a recall if they collect signatures from 25 per cent of people who voted in their riding during the last election. The signatures would need to be collected over a period of 60 days.

Recalls couldn’t be launched the year before or the year after a scheduled election.

“Voters should always be

viewed as the only legitimate authority to replace an elected official regardless of the circumstances,” Hillier says.

The MPP has written an open letter to Premier Kathleen Wynne urging her to fast-track the proposal.

Hillier’s pitching the idea in the wake of Toronto’s ongoing scandal with Mayor Rob Ford.

But, the MPP says: “What is unfortunately overlooked is that Toronto is not the only municipality with concerns over the accountability of their elected representatives.”

He’s specifically mentioned London, where Mayor Joe Fontana is facing charges that include breach of trust

and fraud. The RCMP laid the charges last year, alleging the mayor used taxpayers’ money to cover a \$1,700 deposit on his son’s 2005 wedding reception at the Marconi Club.

Fontana was an MP at the time and has said he’s innocent.

Hillier also cites the case of Rockland’s mayor, charged with breach of trust in September after a lengthy investigation by the OPP.

“... Voters’ only hope of holding these individuals accountable is either through a conviction or the next election; the delay is disenfranchising,” Hillier says in a post on his website. **METRO**

Lasting legacy. Pan Am Games come with big payout: Minister

It will cost taxpayers at least \$2.5 billion to host the 2015 Pan Am Games, but the provincial government insists the event will leave a legacy of sport, transit and housing infrastructure in Ontario.

Tourism Culture and Sport Minister Michael Chan said Wednesday it will be "the largest multi-sport games ever held on Canadian soil," eclipsing the 2010 Vancouver Winter Olympics, the 1988 Calgary Winter Olympics and the 1976 Montreal Summer Olympics.

Despite an expected 7,666 athletes competing in 51 sports — compared to 3,072 in 20 sports at the Vancouver Games — Chan predicted security costs will be far lower. It cost \$869 million to protect the Vancouver event while \$206 million is the security budget for the larger Pan Am Games, which will be held in 14 municipalities,



Michael Chan
TORSTAR NEWS SERVICE FILE

including Toronto, Hamilton, Milton, Ajax, Whitby, Oshawa, Caledon, St. Catharines, and Welland.

That's because the Pan Am Games have a "lower risk profile" and are unlikely to be as large a potential terrorist target as the Olympics.

TORSTAR NEWS SERVICE

Redesign. Page turns at north London book store

Companies love to try out new ideas in London, and one store on the city's north side is following that trend.

Chapters in Masonville has become Indigo, with a change in layout that could be rolled out across the country.

A redesign inside the store mean more products can be sold, including an extra 4,000 book titles and more space for home décor and gifts.

It also means new jobs, said

spokesperson Josh Zeliger. The additions are a store greeter and an adviser in the section selling technology, plus seasonal staff.

London is to be the test market for a new loyalty program, Indigo Plum Rewards.

"We're currently testing within the London market the potential for rolling this concept out across more stores," said Zeliger.

MIKE DONACHIE/METRO

Home ownership

Habitat for Humanity to hold info session

Habitat for Humanity is looking for London families interested in partnering for housing projects.

An information session about the non-profit's home ownership program is planned from 6 to 7:30 p.m. Tuesday at the central library (251 Dundas St.).

The organization's family selection process is based on a need for housing, a willingness to become partners and the ability to repay a geared-to-income, interest-free mortgage. **METRO**

Angel Tree

Sally Ann gets campaign rolling

It's another sign that Christmas is near.

The Salvation Army has launched its 2013 Angel Tree campaign. People are being asked to drop off unwrapped toys at the tree located near Carlton Cards in the Westmount mall. Tags on the tree spell out specific gift wish lists made by children from local families in need.

METRO

On the web

For more local news go to metronews.ca



This is not your grandad's rickshaw

Milana Paulson enjoys a ride through downtown Wednesday as Rickshaw Services owner Mike Langille pushes the pedals of a pretty snazzy rickshaw making its way around city streets. Covered in Rexall ads, the rickshaw is offering free rides to the drugstore's new location at Dundas and Richmond in case people can't find parking near the busy intersection. **SCOTT TAYLOR/METRO**



Local police help with U.S. child-porn bust

Cross-border effort. Child freed, Florida man facing child-porn charges



SCOTT TAYLOR
scott.taylor@metronews.ca

A 10-year-old child, the alleged victim of sexual abuse in Polk County, Fla., has been rescued thanks in part to an investigation by the London police.

Earlier this year, the

cyber crime unit arrested a London man in possession of child pornography and seized several electronic storage devices he owned.

The police department's forensic computer analysis unit examined those devices and discovered the suspect was using several smartphone applications to gather and share child porn.

As they continued to investigate, data was found that identified Florida as a place where a child may have been abused. Police contacted the U.S. Department of Homeland Security,

whose agents worked with the Polk County Sheriff's Office.

As a result, the child who had been filmed while being sexually abused was rescued and a man was charged.

The cyber crime unit and Homeland Security teamed up a second time and now three Exeter Road residents face charges as a result.

Homeland Security tipped local police that a man was allegedly responsible for distributing and receiving child porn from a suspect residing in Midland, Texas.

A search warrant was issued and when cops came through the door, they found two men and a woman, as well as a marijuana grow-operation in the basement.

Brandon Saunders of London, 20, has been charged with distribution of child pornography, two counts of possession of child pornography, accessing child porn, possession of marijuana for trafficking and production of the marijuana.

Gilbert Saunders, 46, and Carie Urquhart, 47, both face drug charges.

Petition demands city focus on animal care

The difficult issue of animal control is heading back to city hall, and campaigners plan to be ready.

An online petition is demanding the city focuses on the care of animals, and, by Wednesday, 1,351 people had signed it.

But that's already happening, insisted Orest Katolyk, the city's chief of municipal law enforcement services.

"Staff are continuing to fol-

low the direction of council to report back on an animal welfare model focusing on animal care," he said.

The petition at change.org is entitled "London Ontario needs a pro-active, caring, non-profit model for our animal companions."

It makes a series of demands of city council, but the biggest is that a non-profit organization should run animal control services in London.

Another request is a "no-kill" policy for animals picked up in the city. The alternative put forward at city hall was a "low-kill" policy that saved as many as possible.

The petition wants to gather support ahead of the issue being considered by councillors again. It claims that will happen on Dec. 9, but Katolyk said the agenda for that day's civic works committee has not yet been set. **MIKE DONACHIE/METRO**

A look back

- London's animal control services are delivered by private company Urban Animal Welfare Inc.
- In September, the city considered rival bids by UAW and by volunteer-run Progressive Animal Welfare Services.

The Duffy scandal: Now RCMP say PM's ex-aide broke the law

That \$90,000 cheque. 'My actions were lawful,' Nigel Wright says as Mounties issue explosive new findings

Prime Minister Stephen Harper's former chief of staff is facing fresh allegations he broke the law by cutting a \$90,000 cheque to Sen. Mike Duffy.

But Nigel Wright is fighting back with a statement that insists he was only acting in the best interests of taxpayers and he did nothing wrong.

A new document from RCMP Cpl. Greg Horton says Nigel Wright "did, without the consent in writing of the head of the branch of government, pay a reward

or confer an advantage or benefit on Mike Duffy."

Horton also says Wright and Duffy "did commit breach of trust in connection with the duties of their offices," contrary to a section of the Criminal Code.

The documents also indicate Wright told the Mounties that Harper was unaware of his decision to personally pay back Duffy's ineligible expense claims.

In a statement issued by his lawyer, Peter Mantas, Wright denies all wrongdoing. "My intention was always to secure repayment of funds owed to taxpayers," the statement reads.

"I acted within the scope of my duties and remain confident that my actions were lawful. I have no further comment at this time."

THE CANADIAN PRESS



Nigel Wright allegedly wrote: "We are good to go from the PM." SEAN KILPATRICK/THE CANADIAN PRESS

New RCMP filings

Who to believe?

Nigel Wright went to Prime Minister Stephen Harper for approval of a secret plan that would have seen the Conservative party repay Mike Duffy's expenses, new RCMP documents suggest.

But when the party balked at Duffy's \$90,000 bill, Wright stepped in to pay the bill himself — apparently without Harper's knowledge.

Harper has called that a "deception."

But new RCMP court filings quote Wright as getting a green light from Harper. THE CANADIAN PRESS

Cyberbullying bill touches terrorism, too



Flashback: Mourners attend a Halifax vigil for Rehtaeh Parsons in April. She ended her life after months of bullying — she was allegedly sexually assaulted and a photo of the incident was distributed. THE CANADIAN PRESS

The Conservative government has introduced a wide-ranging cyberbullying bill.

It's designed to make it illegal to distribute "intimate images" without consent and easier to get such images scrubbed off the Internet.

The proposed law includes tentacles that touch on everything from terrorism and organized crime to stealing cable TV — measures Justice Minister Peter MacKay said are necessary due to the digital nature of the crime.

"This is the type of crime that really knows no borders," MacKay said Wednesday as he and Public Safety Minister Steven Blaney announced the legislation.

"Once (an image is) on the Internet, once it's been uploaded, it has the ability to go viral. We need to also empower the police to have the tools to track and preserve and present information (to the courts)."

If passed, the legislation would also give courts the

power to seize computers, cellphones and other devices, and to help victims recoup part of the cost of removing the images from the Internet.

It would also compel the spouse of an accused person to testify against the accused in court.

The legislation defines an "intimate image" as one that "depicts a person engaged in explicit sexual activity or that depicts a sexual organ, anal region or breast."

THE CANADIAN PRESS

Two tragic cases

Peter MacKay said Canadians have been touched by recent cyberbullying suicides, including the death of Saskatchewan high schooler Todd Loik, 15, and 17-year-old Rehtaeh Parsons in Nova Scotia (she was taken off life support following a suicide attempt).

New Ford blow? Lawyer plans class-action suit

A new website has been launched to recruit claimants for a class-action lawsuit against disgraced Toronto Mayor Rob Ford.

The site claims he was negligent and acted in bad faith in his role as mayor.

"I'm sick and tired of it ... I can't sit on the couch and do nothing," said Toronto lawyer Jose Rodrigues, who launched stoprob.org.

In a draft statement of

Quoted

"Enough is enough. I can't handle it anymore."

Jose Rodrigues

claim posted on the website, Rodrigues, a fresh graduate from the University of Ottawa law school, is seeking \$5.2 million in total damages. The plaintiffs will in-

clude residents of Toronto "whose reputation has been negatively impacted by the defendant's admission to smoking crack cocaine coupled with his refusal to resign."

Within 30 minutes of the launch of the website, Rodrigues said "dozens" of people signed up.

Rodrigues hopes to file the action next week.

THE CANADIAN PRESS

Transportation

Towns must get rail danger alerts

Months after the train disaster in Lac-Mégantic, Que., the federal government is forcing rail companies to tell municipalities when they take dangerous goods through.

But the information won't flow until well after dangerous substances in question have rolled through town. Transport Minister Lisa Raitt hopes it will result in better communication.

THE CANADIAN PRESS

Street View

Google launches a walk in the park

Parks Canada has teamed up with Google to offer virtual tours through more than 70 parks and historic sites across the country.

Google Street View can now be used to explore the likes of Banff National Park, the Rideau Canal and Halifax Citadel national historic sites, Green Gables Heritage Place and Emerald Lake in Yoho National Park.

THE CANADIAN PRESS

Judge accused

Panel quits in nude photos case

A panel investigating a Manitoba judge over nude photos has resigned en masse, potentially putting the investigation back at square one.

A committee of the Canadian Judicial Council has been examining Manitoba Queen's Bench Justice Lori Douglas, who faced a complaint in 2010 that she had sexually harassed a man named Alex Chapman.

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COSMIC GIFT: THE SNOW

A galactic visitor, travelling hundreds of thousands of kilometres an hour, will soon catapult around the sun and — if it lives up to all the hype and survives the journey — may give us the show of a lifetime; an early Christmas gift from the cosmos. Discovered just over a year ago, ISON has the potential to be the 'comet of the century,' lighting up the night, perhaps even visible during the day, as it streaks across the sky on its way out of our solar system.

DEAN LISK
Metro in Toronto

When it comes to outer space, and how things get from Point A to Point B in the universe, comets — with their elongated orbits — open up a world of wonder.

"Some ideas tend to return, like the comets themselves," says Dr. Sara Schechner, author of *Comets, Popular Culture, and the Birth of Modern Cosmology*, and curator of the Collection of Historical Scientific Instruments at Harvard University.

"We went from a period where everyone was afraid of them, to a period where they were viewed as too small to hurt us, and now we are back to, 'We better be watching out for them.'"

Schechner says some in the scientific community have suggested comets may have been responsible for both life and death, speculating they brought the building blocks of life — water and organic chemicals — to Earth and were also responsible, through collisions, for climate change and extinctions.

"When I am reading this in some of the scientific literature it resonates with some of the older beliefs," says Schechner, who adds that for thousands of years, anything not planned — like the sudden appearance of a comet — was greeted as an omen.

"People thought of comets as having a divine purpose," says Schechner. "Some thought they were divinely created and appeared in the sky when God wanted to send people a message about what they should be doing, or as a warning, or to announce a big event. And it could be a

good event, but mostly they were terrible things, like a plague, the death of your king, war, revolution."

Others thought comets were the result of elements excreted from the earth that caught fire in the sky and caused terrible things to happen, such as a bad harvest or disease. "If you breathed in anything from them, you could come down with the plague. They caused revolution because they were hot and dry and kindled anger in people.

"People at the time didn't think of them as some kind of dirty snowball hurling around."

So what is a comet? Basically, they are big, dirty snowballs. That is what scientific enlightenment, starting with Isaac Newton, Edmund Halley and others, has taught us. Its birth takes place in the Oort cloud, a hypothesized area roughly a light-year from our sun, says Robyn Foret, an amateur astronomer with the Royal Astronomical Society of Canada.

The cloud may seem far away, but it is close enough on a galactic scale that gravitational forces from our sun — and even other stars — have an impact, forcing dust, water and gases to clump together to form a nucleus, Foret says. Eventually, gravity may also send it falling toward our sun — like Comet ISON, which is about to journey behind our biggest star.

"So, if you can imagine this clump of water, ice and different gases and dust falling towards the sun, as it gets closer to it, it starts to warm

Name that comet

ISON is named after the Russian-based organization that discovered it: The International Scientific Optical Network.

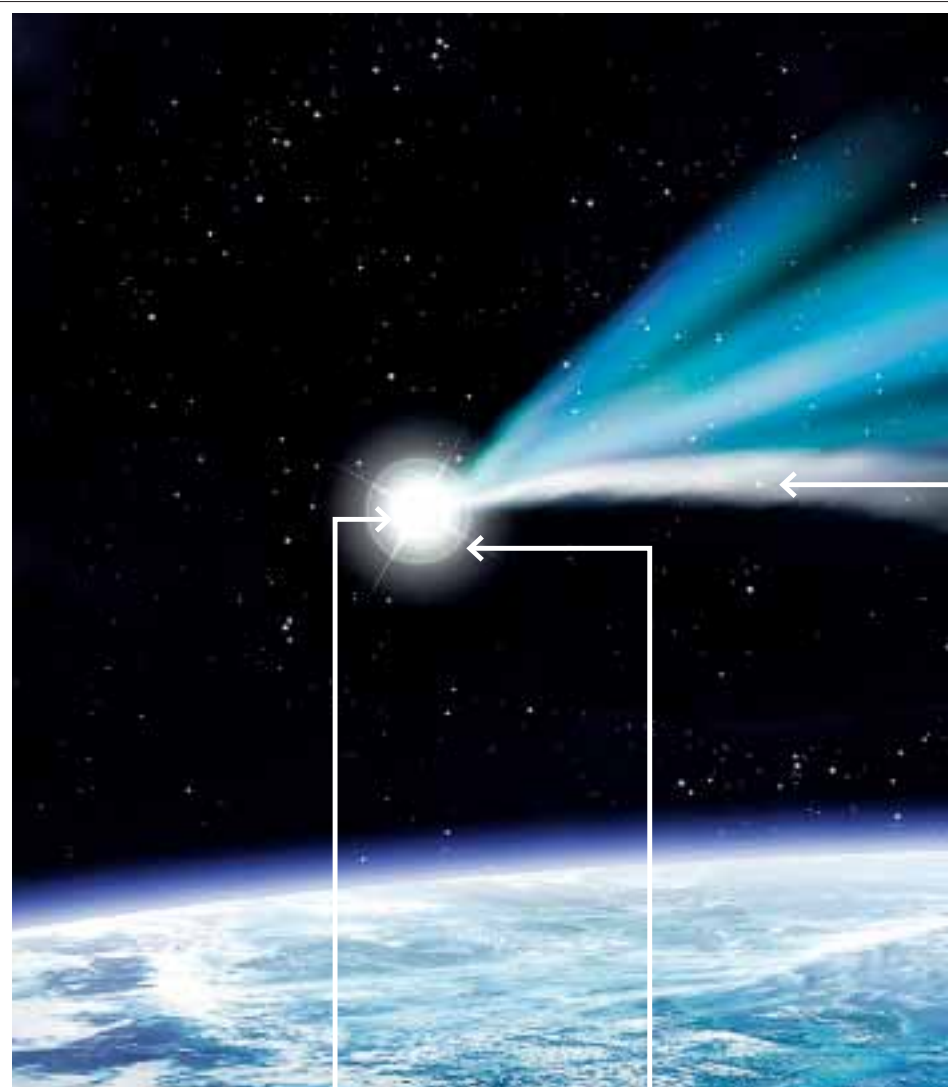
up a bit," he says, adding the lighter gases will escape from the nucleus, and form a coma — a fizzy glow — around the object. As the comet travels closer to the sun, it heats up even more. The ice begins to evaporate and a tail will start to form as more gases and dust escape.

Schechner says it was Newton and Halley who really showed comets were part of our solar system and not supernatural at all. Still, they didn't leave all the old superstitions behind.

"They were too good to get rid of," she says. "Newton says, 'Well, when a comet passes, its tail replenishes this vital spirit necessary for respiration and life on Earth. And, comets are dropping off supplies of water, without which the Earth would just dry up.'"

Schechner says Newton and Halley also speculated comets could cause the end of the world in various ways and were responsible for earlier upheavals — something modern scientists also examine.

"They aren't thinking of it in terms of omens, they are thinking of it in terms of physics," she says. "But they don't think it's some pre-ordained plan."



Not sure what you are looking at? Robyn Foret, an amateur astronomer and chair of the education and public outreach committee of the Royal Astronomical Society of Canada, breaks down the anatomy of a comet.

Nucleus

The dirty snowball, the nucleus is made up of dust, ice and gases. "The nucleus can be anywhere from three to 30 kilometres. Someone coined the phrase that it's a 'city-sized object,' and I like that, because cities come in different sizes. You can relate to the size of a city," says Foret.

Coma

The coma, formed by the loss of gas and dust, appears around the nucleus as it nears the sun. It can be tens of thousands of kilometres in size. "In the early days, ISON was losing 60,000 pounds of dust every minute," says Foret.

Timeline

Comet culture

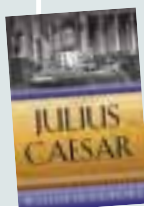
The history of comets makes for some interesting reading, with beauty, tragedy and intrigue. Here are some highlights from popular culture, including some of author Sara Schechner's celestial favourites.

28 million years B.C.

Diamonds. Scientists recently announced they believe they discovered evidence a comet crashed into the Sahara Desert in an area bordered by Egypt and Libya roughly 28 million years ago. The proof, they reported, was a black pebble that contained small diamonds created by the impact.

43 B.C.

Caesar. A comet was seen after the killing of Julius Caesar. "His adopted son, Augustus, who succeeded him, exploited it, saying it was a sign of Julius's soul taken up into heaven," Schechner says.



1066

Omen. The Bayeux Tapestry, which commemorates the Norman conquest of England, includes a depiction of Halley's Comet. People are seen warning King Harold the comet is a bad omen. Below the comet is a depiction of a fleet setting sail to invade England.

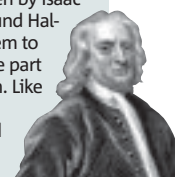


1577

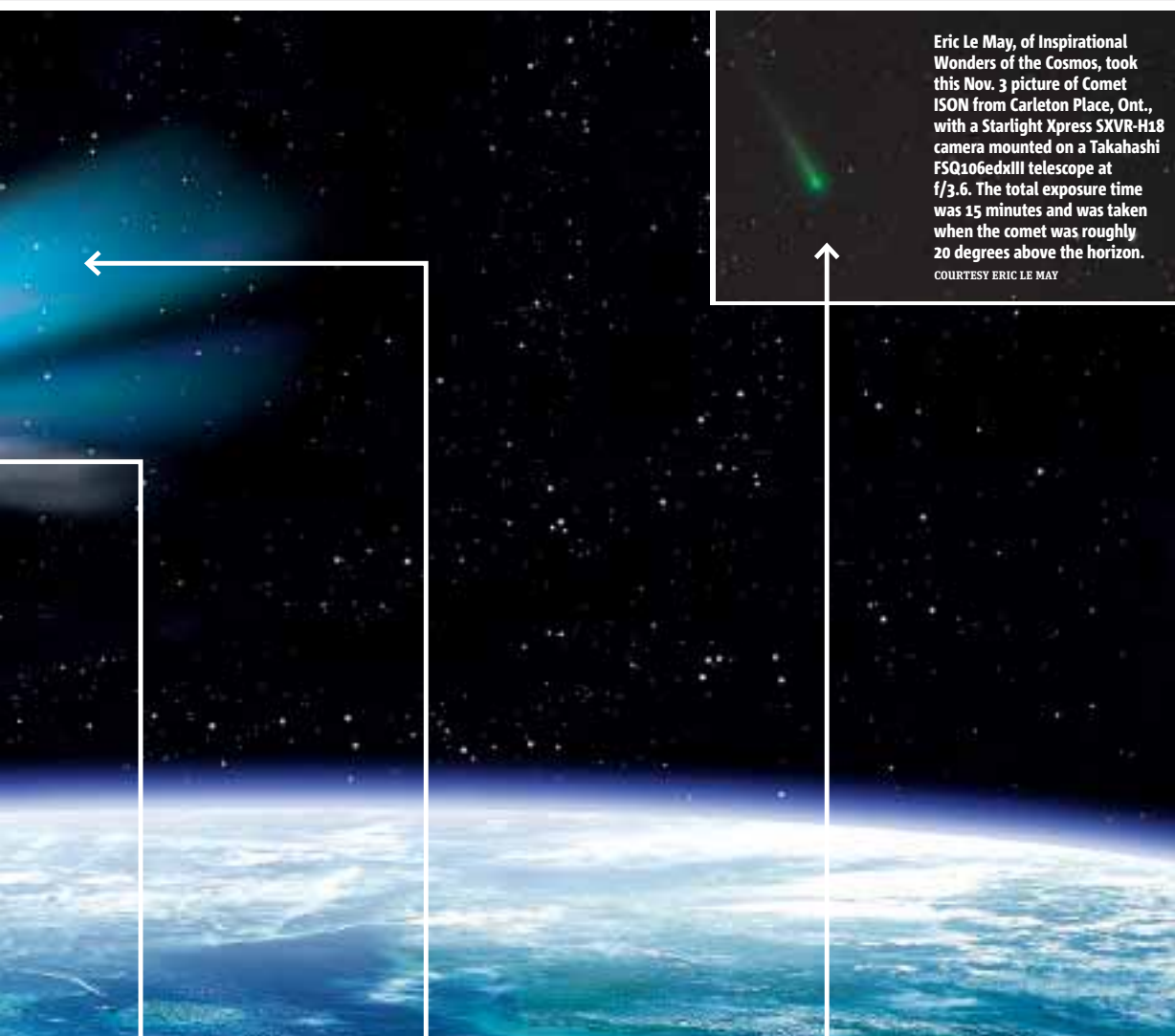
Brahe. A bright comet, seen across Europe, was observed by a number of enlightened minds, including Danish astronomer Tycho Brahe. His observations showed theories about the order of planets, moons and objects in our solar system were wrong and had to be rethought.

1680

Sungazer. Called a Great Comet (there have been a few) and seen in daylight, this comet was seen by Isaac Newton and Edmund Halley and helped them to prove comets were part of the solar system. Like ISON, it was also a sungrazer and had a very long tail.



BALL COMETH



Eric Le May, of Inspirational Wonders of the Cosmos, took this Nov. 3 picture of Comet ISON from Carleton Place, Ont., with a Starlight Xpress SXVR-H18 camera mounted on a Takahashi FSQ106edxIII telescope at f/3.6. The total exposure time was 15 minutes and was taken when the comet was roughly 20 degrees above the horizon.

COURTESY ERIC LE MAY

PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; ISTOCK

Ion tail

Formed of lighter gases, dust and evaporating ice, the ion tail is pushed away from the nucleus by the sun's solar winds. "Regardless of the path of the comet, that gas tail will always be directly opposite the sun," says Foret, who adds the tail can be millions of kilometres long.

Dust tail

Heavier dust particles left behind by the comet will create the dust tail, which will follow the orbit of the comet. "It is like you are driving down a dirt road and there is a cloud of dust that settles behind you," says Foret. If the Earth's orbit passes through this tail, the result is a meteor shower.

Feeling the heat

ISON will pass closest to the sun on Thursday, Nov. 28.

- **This is called the perihelion.** Foret says the sun is about 1.4 million kilometres in diameter and



ISON is set to pass about 1.8 million km away.

- **One time only.** While some comets return after a short number of years, others, like ISON, will be flung out of our solar system.

1682

Halley's Comet. This was the year that Halley identified the short-period comet that bears his name, and also worked out that the comet would be visible from Earth every 75 to 76 years. The comet last passed in 1986 and is expected to return in 2061.

1744

Multi-tail-ented. A comet with six — yes, count them, six — tails was seen in the sky. "I would have loved to have seen that," says Schechner. The comet was observed in Europe and also in New England.

1843

Millerites. "The Millerites, a religious sect in New England, believed the end of the world was going to be predicted by a meteor storm and that a big comet would come.... And, wouldn't you know it, a big comet did come," says Schechner. "They prepared for the second coming, but obviously that didn't happen."

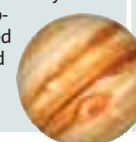
Mid 1980s

Films. Halley's Comet's visit in 1986 was heralded with two disaster-predicting films. Life-force (1985) featured a vampire-carrying space ship in the comet's coma, while Night of the Comet (1984) found the world's population wiped out by a comet; with the exception of, like, two Valley Girls.



1994

Drops on Jupiter. In a spectacular scene, Comet Shoemaker-Levy 9 broke apart and crashed into Jupiter. This was the first time a comet collision was observed by scientists as it happened, and offered an unprecedented opportunity to collect data.



1997

Hale-Bopp. "Probably the most beautiful (comet) I have seen in my life is Hale-Bopp," says Schechner. "It was very beautiful, very nice." The comet also gained notoriety because members of the Heaven's Gate cult committed suicide as it passed, believing they would reach a UFO travelling in the comet's tail.

ISON

The 'comet of the century'

ISON has caused a lot of interest in the astronomical community since it was discovered in September of last year. When it was first discovered some 700 million kilometres away, it appeared brighter than most comets do at that distance from the sun. This had astronomers theorizing it may become one of the brightest objects in the sky when it passes, and might even be visible in daylight.

"It might be the greatest object I will have seen in my lifetime up to now," says Gary Boyle, an amateur astronomer based near Ottawa. "The hype really has been strong in the astronomical community and is based on the idea of a naked-eye comet seen during the day that could be brighter than the full moon. But, with more observation, it may not be that bright — as in being able to be seen during the day — but it will be a fantastic comet."

How to see it

1 Telescope: You will be able to see the head of the comet, the nucleus — the brighter part in the middle — and only a portion of the tail.



2 Binoculars: You will see less detail than with a telescope, but because it will magnify the comet less, you will get a wider view, and see more of the tail.



3 Naked eye: As the comet gets closer, and depending on its brightness, you will be able to see it without any help. Unlike a solar eclipse, this is one celestial show you can watch.

WARNING: Do not look at ISON with binoculars or a telescope when it is in close proximity to the Sun, as an accidental glimpse of the sun through either will cause permanent eye damage.

Where to see it

- Look east in the morning and ISON can be seen very briefly low in the sky. It will soon pass below the horizon and out of view as it makes its journey behind the sun.
- If it survives its trip around the sun, ISON will reappear in the eastern sky starting around the early morning of Dec. 9 or 10. As the month progresses it will be visible in the western sky at night. It will come closest to Earth — roughly 85 million kilometres away — around Dec. 26.
- **Need some help?** Longpaw has created Comet ISON 2013, an iTunes and iPad app featuring a countdown clock, videos, data and charts. Distant Suns has created Comet Watch, where you can use your Apple device to help locate the comet in the sky. ISON C/2012 S1 Finder is an Android app that will also point out the comet in the sky.





Mark Darcy and Bill Cosby paved the way for the ugly sweater trend. These days savvy entrepreneurs are cashing in on the hipster trend of wearing an icky Christmas sweater. Holiday Rejects Apparel co-owner Adil Hooda, left, and manager Jack Hsu show off some of the tacky knitwear they are selling this season. STEPHANIE DUBOIS/METRO IN EDMONTON

Don we now our ugly apparel, fa la la la la, la la la la

Deck Canadians with hideous sweaters. 'Tis the season to be jolly, while wearing a garish, intentionally awful top



STEPHANIE DUBOIS
Metro in Edmonton

Coloured lights, pompoms and sequins can be found all in one place this year: On an

Rise of the holiday hipster

"It's always a fun time selling people an ugly Christmas sweater."

Adil Hooda, co-owner of Holiday Rejects Apparel

ugly Christmas sweater.

Holiday Rejects Apparel has what they consider the tackiest sweaters in Edmonton.

"Some people like outrageous, and there's some

people who like a little more wintry, but for the most part I have been noticing a lot of people like the big knits," said co-owner Adil Hooda, adding one of the ugliest sweaters in the booth is a red knit with furry green circles made to look like a Christmas tree.

What began as an online store last year grew to become retail stores in Edmonton and Calgary this season, after Holiday Rejects Apparel realized people wanted to try on the tacky sweaters before buying.

iKeg. How much beer is left in that keg? Now there's an app for that

Beer servers can find out in real time how many pints of their customers' favourite brews are left with the help of an app on their smartphones or tablets.

Steve Hershberger, CEO of SteadyServ Technologies, says he wants to eliminate the guess work of how much beer is left in kegs to help bars and restaurants keep track of their inventory with his iKeg system, which has a sensor and an app.

"How much beer is left in a keg due to guessing and shaking?" asks Hershberger, who's based in Carmel, Ind., and is courting beer distributors, breweries, bars and restaurants. "You can't see inside the keg. It's this heavy and unwieldy thing."

Hershberger estimates there are about 20 pints of beer left unsold in each keg, wasting



A new app aims to help bar staff know when beer is running low. DAVE MARTIN/THE CANADIAN PRESS/THE ASSOCIATED PRESS

thousands of litres of beer.

Hershberger's iKeg system uses a sensor that goes under a beer keg to keep track of how many pints are left through changes in pressure. The information is sent wirelessly to the app. **THE CANADIAN PRESS**

Random biz fact of the day

3

At least half of all job seekers with smartphones or tablets spend three hours or more looking for jobs on those devices every week.

CAREERBUILDER

Market Minute



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GOLD
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Natural gas: \$3.68 US (+8¢)
Dow Jones: 15,900.82 (-66.21)

Bows to anti-gay law

Ikea deletes gay couple from its Russian magazine

Swedish furniture retailer Ikea says it has spiked an article about a lesbian couple in the Russian edition of its customer magazine because that would have contravened that country's law on gay propaganda. Last year, Ikea was criticized for deleting images of women from the Saudi version of its catalogue. **THE ASSOCIATED PRESS**

Developed for TV show

BET hit with suit after dispute over Facebook page

A South Florida woman is suing the Black Entertainment Television network in a dispute over a Facebook page she developed to promote the show *The Game*. Attorneys for Stacey Matlocks say in court papers that BET wrongly took control of the page after the two sides failed to reach a financial agreement. **THE ASSOCIATED PRESS**

Going West

Rogers set to expand data centre in Alberta

Rogers Communications Inc. says it will open a new data centre in Calgary in January and expand its Edmonton data centre in Western Canada. "Our new data centre offerings in Alberta present a significant growth opportunity in Western Canada's business-to-business market," said the head of Rogers Data Centres. **THE CANADIAN PRESS**

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Day 14

metronews.ca/temp

Family planning

Workers feeling those baby blues

Having children is a big commitment that costs both time and money.

Temporary workers who can't earn a stable income and have no set work schedule often delay starting a family, according to United Way Toronto and McMaster University's "It's More than Poverty: Employment Precarity and Household Well-being" report.

The study also found that those in temporary employment are less likely to have children living at home compared to permanent workers.

Among those aged 24 to 53, 34 per cent of permanent workers have children living at home, compared to 20 per cent for temporary workers.

PHOEBE HO/FOR METRO



GETTY IMAGES

Temp Makes Lemonade from Lemons

OK, the nice thing about being a temp is that if you screw up, you leave, but you were going to leave anyway, so it's no big deal. I suppose this is true for anybody with a job, but for temps it's just more out in the open.

After almost no sleep I arrived at work only to find gossip and fear-mongering. The worst gossip was that Danimal was in a coma, when, in fact, he was in a \$20,000-a-day hotel with a slightly collapsed left lung and an unhelpful feeling-sorry-for-himself attitude. Sarah No. 1 walked up to me at my desk and said, "I guess we were all behaving badly yesterday."

I was incensed: "I was doing no such thing! I was there just to listen to Dan vent about the warehouse fire! You're the one who got a room."

Sarah winked at me. "Have it your way. Here's a pile of files that need alphabetizing."

Ugh. I decided my day desperately needed some cheer, so I phoned my sister's friend who breeds golden labs. We had a quick chat, and just before lunchtime, she arrived with two blue plastic storage tubs filled with puppies. I ushered her into the admin area. In a loud crisp voice I shouted, "Oh no! There's been an explosion!"

Everyone looked stunned ...

"That's right — an explosion

of cute! Hilda, release the hounds!"

Ahhh ... the puppy bomb — is there any greater experience in life? Eighteen chubby bundles of YouTubeable romping joy demanding nothing except unconditional love — and snacks. Everybody got down on the floor, and it took only a minute for people to learn that the person with the most food is the one who gets the most puppy, so in came the lunch bags. I was proud to have brought even the smallest dab of joy to the otherwise dreary lives of the soon-to-be-fired full-time staff. Yes, I

Ahhh ... the puppy bomb ... Eighteen chubby bundles of YouTubeable romping joy demanding nothing except unconditional love — and snacks.



was proud of myself for firmly turning the day around.

The icing on the cake? Outside the building there was a Zombie Walk with about 200 kids dressed in their finest living dead, headed to a political protest starting outside AmQex next door.

And that's when two things happened: A massive bus, like Bon Jovi on tour, pulled into the parking lot and 50 Chinese people emerged holding measuring tapes, string and clip boards. Then half a minute later about 20 cops arrived to shut down the AmQex protest. "They



Random biz fact of the day

70%

Anything to get the gig — 70 per cent of college students would lie on a resumé to get a job they wanted.

SOURCE: NEXCAREER

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Random fact of the day

- There is a new English word created every 98 minutes — or about 14.7 words per day.

SOURCE: OMG-FACTS.COM



make engine parts for drones," whispered Sarah.

The Chinese delegate's leader said, "I am most curious to see how protesters are handled in your country."

TO BE CONTINUED ...



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IT'S ABOUT PARTIES, NOT POLITICAL ONES

Are you sick of talking about Canadian politics? Then let's discuss drinking, gossip and the need for appearances. It'll be a nice change of pace.

Specifically, let's talk about Christmas office parties. Because unlike politicians, Christmas never wears out its welcome. That's why Starbucks' Christmas decorations were rolled out this year just in time for the summer solstice. It's also why holiday events stretch on for weeks of gingerbread-and-icing-laced excess, like an anti-Lent.

I, for instance, have three different work-related Christmas parties coming up. And hooray, because what better way to throw off the shackles of work than to get together with a bunch of people you work with and discuss work? You can just feel yourself unwind.

Admittedly, footloose behaviour can often be the most memorable element of a Christmas office party. My strongest memory from the first one I went to was Barb the secretary. Barb was the sort of secretary who had an eyeglasses chain, patterned flower



HE SAYS

John Mazerolle

metronews.ca

dress, and enough years behind her that she found nothing offensive about the words "Barb" or "secretary."

She was usually very staid, but at this party — well, you think Wrecking Ball was shocking. Some people say things like the Berlin Wall or Paul Henderson are the defining memories of their youth. I have Barb dancing on her chair with a rum and Coke in each hand.

Barb's brand of behaviour is why so many etiquette columns advise you to attend a party full of food, drink and friends and then nibble, sip and mumble your way through the night, because, "you're being watched by your superiors at all times." What fun!

Well, I say deck that advice right in the halls.

If I'm going to attend three of these things this year, then I'm going to Be Like Barb, even as I remain a gracious guest.

Here are a few office party etiquette tips I've come up with that will allow you to embrace the Christmas spirit(s).

- Most experts advise you shouldn't have more than two

alcoholic drinks with office buddies, so bring an enormous canister to drink from.

- Kissing a co-worker is always a grey area so remember that mistletoe provides full diplomatic immunity, as is written in the Geneva Convention.
- If The Christmas Shoes, Simply Having a Wonderful Christmas Time or Jingle Bell Rock come over any sound system, you will be within your rights to end the party and burn the building to the ground. Dignity demands it.
- Show superiors your work ethic, even in a casual setting, by working extra hard in the rumour mill.
- Remember that if you get blackout drunk, you shouldn't worry about what happened because everyone will record it on their cellphones anyway.
- Perhaps most importantly, don't overstay your welcome, especially if your hosts are hinting strongly that it's time to go.

Which would normally bring us back to Canadian politics, but I'm sick of talking about it, so let's move on. It's in the past and what's done and done. Besides, if politicians' ifs and buts were candy and nuts, every day would be Christmas.

ZOOM

No word from PM as activists charged



GRAHAM HUGHES/THE CANADIAN PRESS

Quebec protesters demand action

A Greenpeace activist protests on top of the Biosphere in Montreal, Wednesday, calling for the release of his colleagues who are being held in Russia on various charges including piracy.

THE CANADIAN PRESS

Harper?

- A Greenpeace spokesman says the group is surprised by the silence of the Harper government, which it says still has not publicly intervened to denounce the attitude of the Russian government in the arrests.

One Canadian still in Russian prison

The three Greenpeace protesters who scaled Montreal's Biosphere structure Wednesday will face criminal charges.

They came down on their own and surrendered to police after several hours perched from the federally owned

dome.

Two Canadians were among the 28 Greenpeace activists arrested by Russian authorities during a protest at a Gazprom oil-drilling platform in the Arctic Circle in October.

One of the two Canadians — Alexandre Paul — remains behind bars while Paul Ruzycski was granted bail earlier this week. THE CANADIAN PRESS

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Bob Dylan's camp finally got around to releasing an official video for Like a Rolling Stone. Gathering no moss, the ultra-modern clip for the 1965 song is a wacky interactive experience of channel surfing through celebrities and humble folk alike. See it for yourself at video.bobdylan.com, and, check out these others, too.

Arcade Fire – Reflektor:

The sartorially demanding band are old hands at the interactive video game, debuting the trick with a childhood-mining experience for We Used To Wait (thewildernessdowntown.com) in 2010. Reflektor provides a similarly personal stamp, this time allowing you to use a phone or tablet to become a passenger on a woman's adventures in Haiti. (justareflektor.com)

Death By Chocolate – Tell Me What You See:

A conundrum. How to make a largely forgettable modern rock song stand out from the crowd? The answer is de-

ceptively simple, of course. Allow mouse-wielding sadists to conduct high-concept torture (i.e. an aggressive bath from a milk balloon or a flounder to the face) on a helpless man. All in slow motion. (tellmewhatyousee.ch)

The Interactive Saved By The Bell Game:

A very funny 16-bit-style slice of choose your own adventure fan fiction. Find out what it's like to be Zack Morris, enduring the pressure of your high school's entire social structure revolving around you for some reason. (youtube.com/thefinebros)

Twitter

@metropicks asked: Traffic circles are picking up momentum in Canada because they're safe and good for the environment. What's your take?

@21stCenturyLeft: They have to be done right if they're going to be implemented. Size matters with traffic circles.

@monahb: we have (two) nearby and they are just great. Took a while for some drivers to figure them out.



@Breezy_Liz: try driving in the UK come back and sigh #OhCanada! Our roads are fabulous! #crossroads

@DerickONeill: we have them in Ireland they are an absolute nightmare. Some have lights right beside them so cars get backed up on

@bzalu: they are joke (a) in Winnipeg, intersections are not large enough to accommodate.

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WE WANT TO HEAR FROM YOU:
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'Massive collective of greatness' celebrates four years on the scene

Artfusion. Grassroots project has morphed into a full-time all-inclusive gallery



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Artfusion started out as a side-project to showcase community art in a non-traditional gallery setting.

Several years later, the brainchild of local graffiti/mural advocate Ryan Mahy has represented more than 400 artists, shown more than 6,000 works of art and completed more than 20 mural projects.

The group is celebrating its four-year anniversary on Saturday.

"I quickly realized how much it meant to people and that there was no way I could stop," said Mahy, a former H.B. Beal Secondary School student who quit his job two years ago to focus all his energy on the venture. "Now, Artfusion is a full-time gallery, plus all the mural artists and musicians for events."

"It's just this massive collective of greatness."

The anniversary party will be at Hacker Studios (246 Dundas St.), featuring two floors of local art and 20 acts performing live music ranging from hip hop to indie rock.

One of the bands is Es-



Raleigh is one of the bands performing at Artfusion's four-year anniversary party. From left, Clea Anaïs (cello, vocals, keys), Brock Geiger (vocals, guitar) and Matt Doherty (drums). CONTRIBUTED/JENSEN GIFFORD

ther Gray. With its dusty, garage-rock esthetic and old-timey vocals, the band's on tour from Guelph to showcase its new seven-inch, Buttermilk.

The two core members — Steph Yates (vocals and guitar) and Tyson Brinacombe (drums) — say they get inspiration from instruments and trinkets found at garage sales and thrift shops.

"There's sort of magic in finding old beautiful things that already have a history — a mysterious

one that maybe you aren't privy to, but maybe you can (imagine) what it was used for and who owned it," says Yates, who frequents a thrift shop in Guelph called Disarray. "I found my amp and guitar there. The owner even lent us his vehicle to go on tour with."

One of her top finds of late is a small wooden toy piano made in Japan.

"It looks really old and has this perfect charm to it, and I scored it for, like, two bucks," says Yates, who

named the band Esther Gray after a character she invented for herself.

"I needed to create somebody who was big enough that I could stand in her shadow when I performed," she says.

"She exists in imaginations. Sometimes we touch glimpses of her, but she's quite elusive. She is quite strong. I borrow some of her bravery from time to time."

Other performers include DJ HULLEWUD, The

If you go...

The party kicks off with family activities from noon to 3 a.m. Cover is \$5 for the evening.

Nicest, Branded Moore, NoMe Edonna (from San Francisco) and the three-piece orchestral indie folk band Raleigh, on tour from Calgary with their new album Sun Grenades & Grenadine Skies.

2 SCENE



Did you know **72%** of pain sufferers regularly have trouble sleeping?

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Replicating the high school experience

Interview. Chris Lilley talks about bringing Ja'mie King: Private School Girl to North America and drawing on familiar memories

T. MICHELLE MURPHY

Metro World News

Fans of Australia's *We Can Be Heroes* and *Summer Heights High* are on the edge of their seats anticipating the return of TV's queen bee, Ja'mie King. The ultimate mean girl is now the star of her own Kardashian-style reality series in *Ja'mie King: Private School Girl*. To learn more about the new show, airing Sundays on HBO, we spoke with comedian Chris Lilley, who created and plays Ja'mie King.

Ja'mie's from *We Can Be Heroes* and *Summer Heights High*, but can you tell us what the new series has in store?

So Ja'mie's always been a



Chris Lilley stars as Ja'mie King in *Ja'mie King: Private School Girl*. CONTRIBUTED

private school girl, and in *Summer Heights High* (a mockumentary series about public high school life) she did a term away — but in this one, it's just back to her.

It's her last three months of school. She's the school captain, she's on top of the world and bossier than ever. It's sort of put together like a reality show, like she is Kim

Kardashian or something. She's got her own show this time, and it's all about her school life and family life. And so it sets up in the first episode that it's about her downfall. It's narrated by Ja'mie and it's all teenage drama and friends issues and boy issues and all of the sort of things that happen in the last few months of school. And, yeah, it's the first time I've done a show that is only about one character, so it's a chance to really get stuck in that world.

If she's on the top of the world right now, does that mean she learned nothing from her visit to public school?

Yeah, she never learns anything, she's just all about herself (laughs). You kinda get the impression at the end of *Summer Heights High* that it's done nothing, she's still glad she is a private school girl.

Why do you think she's your most popular character?

I don't think she — I don't know if she is. When I go around in public, I have lots of people come up and recognize me from the shows, and I play lots of characters and probably Jonah (from *Summer Heights High*) and Nathan from *Angry Boys* are the ones that people would call out, they're more recognizable. I know a lot of people really like Ja'mie — but for a lot of people, she drives them crazy. I don't know; I don't analyze it much, I just do it.

So why is she the subject of



Chris Lilley is the successful writer behind the character Ja'mie King and his various series. CONTRIBUTED

your first solo show? Is she your favourite?

I really like her. It's hard, because they are all my favourites. I wanted to do a show about one character, and so it was more like she fit into that idea because she's been in two other shows. And I'd sort of already set up all of these things about her world. I don't know. I just decided it would be fun to focus on her. I wasn't looking at any stats or anything, it was just a fun world. I like to write about all of them, but I was having a moment where I just wanted to write about her.

What does it mean for you that HBO is airing Ja'mie King in North America almost at the same time as it airs in Australia? Usually we get it much later.

It's really good that they're doing that because there is always a six-month delay, and these days it's one world with all the technology so, yeah, it was always a disappointment that six months later

Last question

What was your own high school experience like?

- **Mirror image?** "Well, my school was actually a private school, so it was very much like Ja'mie's school. And I think I always craved going to a public school. I kinda wanted that more "real" experience. So maybe I'm still trying to deal with that thing with the theme of the show."

American people got to see the show. Now it's only about three weeks after Australia, and it's really great. And they are giving it a great time slot on Sunday nights and HBO is really excited about this one.

Does it also help reduce online piracy?

Yeah, hopefully. I think I'm supposed to care about that, but I just can't. When you make a show you just want people to see it. You want people to be affected by it and to love it and experience it. I don't mind that much, as long as people see it and spread the word. (Pause) I shouldn't be promoting pirating (laughs). I would probably be rich if pirating didn't exist, but, yeah, as long as people see it.

Do you have to tweak the humour of the show to appeal to an international audience?

No, I learned that pretty early on. HBO was really excited about (*We Can Be Heroes*) and invited me over and said, "We love what you're doing, can you do an American version? Can you come over and do an American accent?" And then I was like, "Wouldn't that just take away from what it's all about? I think what you love about it is that it's Australian." And then they kind of agreed with me and said, "We're gonna buy the next show that you do." So they bought *Summer Heights High* and they aired that — and that had a huge response for them. So I think we both realized that it's making the show here, and not trying to impress people or trying to second-guess what people like, and just being true to what I like, is what's really working. The new show definitely doesn't try to be American or anything. Obviously you're making it for the audience, but the audience is pretty universal.

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Mitch Albom's new book will inspire you to make some calls

New book. The First Phone Call From Heaven tries to put the frantic pace of the modern world into perspective

EMILY
LAURENCE

Metro World News

Tuesdays with Morrie author Mitch Albom isn't a fan of texting. "We text, we Facebook, we post. We do everything we can to avoid a conversation," Albom tells Metro.

Still, Albom insists that even in a society that prefers communicating digitally, it's a real-life conversation we long for the most. "There are so many people that, when they lose someone, wish they could have one more conversation," he says.

The characters in Albom's latest book, *The First Phone*

Call From Heaven, are given exactly that chance.

The book is about a small town that starts receiving phone calls from heaven. Once the media gets hold of the story, people from all over the world flock to the town, hoping their own cell-phones will start ringing. Mostly, the book follows one man who was just released from prison after serving time for a crime he didn't commit. While in prison, his wife died, leaving him to raise his young son alone. When the boy starts asking when mommy is going to call, he can't bear for his son to have false hope, so he sets out to prove the whole thing is a hoax.

The idea for the book came after Albom lost the ability to have a conversation with his mother.

"She suffered a stroke and lost the ability to speak," he says. "It's been more than three years since I've heard her voice. It occurred to me



how precious the human voice is and so much of what we associate to a person's personality has to do with their voice. Many people often won't erase voicemails from lost loved ones."

When asked if he could orchestrate any real-life phone calls between heaven and earth, Albom's answer didn't involve presidents, saints or other public figures. Like the backdrop of his books, he'd

focus on ordinary people.

"I would try to get every broken heart on earth comforted by one of those calls," he says.

Promoting the book has prompted Albom readers to tell them their own stories about real-life phone calls from heaven.

"One guy told me he got a phone call from his mother. She had died in a car crash, but no one knew yet. She called and told him, 'I'm all right. I'll always be with you. Don't worry.' Then she said she would see his grandmother soon, and a week later, his grandmother died."

For his own part, Albom believes miracles come in all sizes, small and large, and is no stranger to experiencing them himself.

"Oh, I have them all the time. There are so many good things that have happened to me that it can't just be coincidence. I often say there must be a divine intervention at work here."



Mitch Albom's *The First Phone Call From Heaven* is out now. CONTRIBUTED



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*In order to be eligible to win the grand prize, you must follow these requirements and your entry must be received between Friday, November 15, 2013 and Friday, December 20, 2013:

1. You must fill in your name, mailing address with postal code, e-mail address and telephone number into the contest computer kiosk located at White Oaks Mall in the Bay Court or submit at White Oaks Mall a completed entry form during the contest period. All ballot entries are subject to verification and will be declared invalid if they are incomplete, altered or tampered with in any way.

2. You can submit only once during any one week and can enter multiple weeks up to a total of five (5) entries as per weeks listed below:
November 15, 2013 9:30 a.m. to November 22, 2013 9:30 p.m. November 23, 2013 9:30 a.m. to November 29, 2013 9:30 p.m.
November 30, 2013 9:30 a.m. to December 06, 2013 9:30 p.m. December 07, 2013 9:30 a.m. to December 13, 2013 9:30 p.m.
December 14, 2013 9:30 a.m. to December 20, 2013 9:30 p.m.

Each week during the contest period two (2) qualifiers will be selected for the final Grand Prize draw. A qualifier can only qualify once during the contest period. All qualifiers must be present on December 23, 2013 at White Oaks Mall to be declared a Grand Prize Winner.

* Visit WhiteOaksMall.ca for full contest rules.

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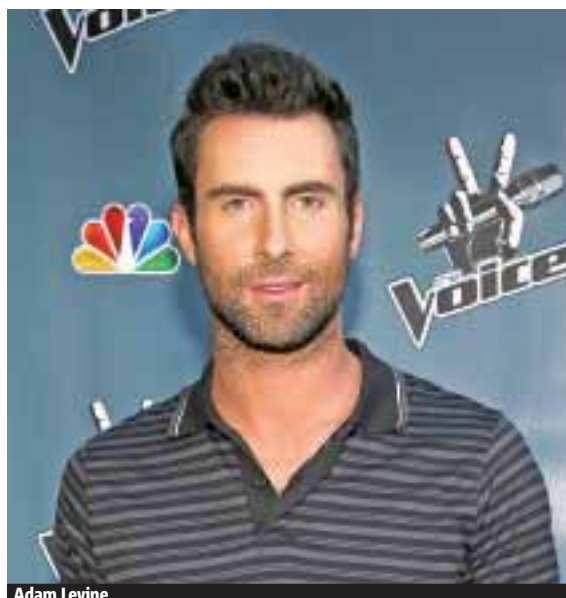
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Yes, unconditional love sometimes feels like being hit by
a car... Or being on fire... How does it feel to you?METRO DISH
OUR TAKE ON THE WORLD OF CELEBRITIES

Adam Levine

Yes Adam it's true, you're
this year's Sexiest Man

Look upon him and weep, all ye lesser men, for People has named Adam Levine 2013's Sexiest Man Alive. Channing Tatum, 2012's Sexiest Man Alive, is like dirt to us now.

The Maroon 5 singer has had plenty of chances to drum up votes in his campaign for the office: He's kind of been everywhere this year. He's a judge on The Voice, he's shooting a movie with Keira Knightley called Can a Song Save Your Life? (is it a Maroon 5 song?) and he has a clothing line at Kmart. Serious question: Is it possible to shop at Kmart and buy a piece of clothing not designed by a celebrity? Every single one of them seems to have one.

"As a musician, you have fantasies that you want to win Grammys, but I didn't really think that this was on the table," the singer told People. "I was just amazed and stunned and it almost seemed like they were kidding, but they weren't, so that's cool."

They could still be kidding! Maybe it's a long con. Adam comes in for his cover shoot and just as the shutter snaps, People dumps a bucket of pig's blood over his head. Run, Adam! It's a trap! They're all going to laugh at you! Don't use your telekinetic powers, People magazine's not worth it!

MELINDA TAUB MWN IN NYC

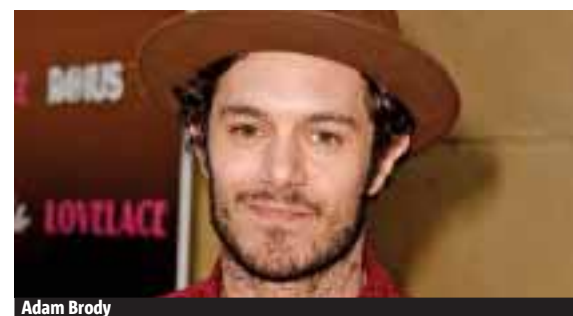


Angelina Jolie. ALL IMAGES GETTY

Don't wine about a thing
Angie, your life is perfect

Angelina Jolie is having a pretty good week, accolade-wise. The actress and director, who picked up an honorary Oscar at the Governor's Awards earlier this week, also has a hit wine on her hands. Wine Spectator has named the Jolie-Pitt & Perrin Cotes de Provence Rose Miraval the best rosé wine in the

world. The wine is "refined and elegant, offering pure and concentrated flavours of dried red berry, tangerine and melon," managing editor Kim Marcus writes. "The focused finish features flint and spice notes, with a hint of cream." A bottle retails for \$28, for those looking to share in the celebration.



Adam Brody

Brody blindsides his girl
with abrupt proposal

Former The O.C. star Adam Brody knows how to catch a girl off-guard. He reportedly blindsided girlfriend and former Gossip Girl star Leighton Meester with a marriage proposal, according to Star magazine. "Leighton and Adam are crazy about each other and have talked about getting mar-

ried eventually," a source explains. "But she had no idea he would propose so soon. It was the surprise of her life and she's ecstatic. Right now their plan is to get married next summer. They are still deciding on (where to do it)."



Kelly Clarkson

Santa came through for
mom-to-be Kelly

Kelly Clarkson wasn't joking when she said she was planning to get started on that family as soon as possible after marrying Brandon Blackstock last month. The singer took to Twitter this week with some very big news: "I'm pregnant! Brandon and I are so excited! Best early Christmas mas

present ever," she wrote. As recently as Oct. 30, during a radio interview, Clarkson was hinting about her holiday wish list. "Everybody keeps saying, 'What do you want for Christmas?' she said. "And I'm like, 'I want to be pregnant.'"

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Model call: Kloss is now in session



Vogue Paris named Karlie Kloss one of the top 30 models of the 2000s.

GETTY IMAGES

Over the buzz of the blow dryer, we caught up with supermodel Karlie Kloss behind-the-scenes of the Victoria's Secret Fashion Show. Wearing bell bottoms and a pink robe, Kloss was the picture of composure in her styling chair — a calm contrast to the frantic stylists and press running around the huge pink room. The newly 21-year-old Angel lets us in on her chopped locks and face favourites.

You debuted a drastic hair-cut last year. Are you planning on growing it out?
I am loving the short hair.

Eau de Cheveux

"When you're with a boy, it's always nice to have your hair smell good! It's better than perfume."

Karlie Kloss

That's the thing about a great cut — you don't have to style it. I find my short hair to be so much easier in the morning. And it's different for me. I've never done this before. Last year at this time was when I first cut it and shocked everyone. I've gotten used to it now and I

really love it.

Any beauty tips or products you're loving?

There's this line that Victoria's Secret has called So Sexy that smells so good. There's something about the shampoo and the conditioner. When you're with a boy, it's always nice to have your hair smell good! It's better than perfume. I also love when I'm going out for a night and wearing a short dress, to put a little bit of olive oil on my hands, and put it onto my legs. I just rub it on my skin for a nice sheen. It looks really good and it photographs really nicely.

A merry makeover to everyone

At lash, my blush has come along. Dolce & Gabbana's makeup guru is all about bold as the weather gets cold

TINA
CHADHA
Metro World News

Put your favourite orange lipstick away already: Dolce & Gabbana national makeup artist Christian McCulloch says that fall/winter is all about the richer tones, like fuchsia and burgundy.

To style the new bold pout, go easy on the eyes, he says.

"It's fresher without a heavy eye," says McCulloch. "A pale shadow, like a gold or champagne, is really pretty and easy, because it doesn't require precision. Just something shimmery across your eyelid with great lashes."



Christian McCulloch
CONTRIBUTED

But what's the makeup artist — who gets Scarlett Johansson and Michelle Williams red-carpet ready — really loving?

"My big thing at the moment is lashes and lips," says McCulloch. "Really amazing lashes, maybe with a winged eyeliner." He shows us how to create the look.

Create a cat-eye

"It's tricky," admits McCulloch.

He suggests sketching out your line softly first with a pencil. "This is to see the angle, and to see how it looks with your eye open before you go in with a liquid applicator," he says. "If you paint a flick on an eye when it's closed, it can look a bit too horizontal when you open your eye. Look in the mirror and see where you want that flick, and then create a tiny dot with a pencil and paint from that dot down toward the corner of your lashes. I also take the pencil and run it along the inner rim of the eye, top and bottom. That'll create that (feline) Sophia Loren, Audrey Hepburn look."

Thick or thin?

"I like a thicker cat eye," says the artist. "Thick is cool; it makes it strong. It doesn't have to be Amy Winehouse-level, but that Kate Moss-y thing is nice."

Now for the cheeks

His must-haves

- **Dolce & Gabbana Passion Duo lipstick in Feminine.** "It's a pinky-brown with a little bit of shimmer in it." \$35, saksfifthavenue.com
- **A good lip balm.** "Nuxe has a lovely, waxy honey lip balm, which is great conditioning for the winter." Nuxe Reve de Miel lip balm, \$19, amazon.com
- **Dolce & Gabbana Passion Eyes mascara.** "The new



mascara actually has a curling quality. We've all been quite shocked that it actually lifts and curls the lashes without having to use an eyelash curler prior." \$32, sephora.com



"I'm not one for heavy-duty cheek colour," says McCulloch. "But I do love to bring in bronzer to the cheek through winter. In winter, you want a little colour in your face too! Dolce & Gabbana has a bronzing colour called Desert, which I use for contouring. The two blush colours I use most are an apricot

and a pale pink to create a soft flush on the cheek."

Party-ready

"I always like sparkle. Shimmery and metallic eye shadows are fun. Also, liquid liner is a great party look. I think a liner along the lash line and winged out is beautiful."

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3 TIPS

A low in calories and fat chocolatey peanut butter indulgence? Rejoice!



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Peanut butter, cheesecake and chocolate flavours combine to make this an outstanding, decadent dessert. I keep the fat and calories down by using a combination of ricotta and light cream cheese and more cocoa powder than chocolate.

1. Preheat the oven to 350 F. Lightly coat a 9-inch spring-form pan with cooking spray.

2. To make the brownie layer beat together the sugar, oil, egg and vanilla in a bowl. In another bowl, stir together the flour, cocoa and baking powder. Stir the wet mixture into the dry mixture just until combined. Stir in the sour cream and chocolate chips. Pour the mixture into the pan.

3. To make the cheesecake layer

Ingredients

Brownie Layer

- 2/3 cup granulated sugar
- 1/4 cup vegetable oil
- 1 large egg
- 1 tsp vanilla extract
- 1/3 cup all-purpose flour
- 1/3 cup unsweetened cocoa powder
- 1 tsp baking powder
- 1/4 cup reduced-fat sour cream
- 1/4 cup semisweet chocolate chips

Cheesecake Layer

- 1 1/2 cups reduced-fat ricotta cheese
- 1 cup granulated sugar
- 1/2 cup softened reduced-fat cream cheese
- 1/3 cup reduced-fat sour cream
- 1/3 cup smooth natural peanut butter
- 1 large egg
- 2 tbsp all-purpose flour
- 1 1/2 tsp vanilla extract
- icing sugar for decoration

Peanut Butter Brownie Cheesecake



This recipe serves 12 and is 304 calories and 14 grams of fat per serving. ROSE REISMAN

cream cheese, sour cream, peanut butter, egg, flour and vanilla in a food processor. Process until smooth. Pour the mixture on top of the brownie layer.

4. Bake the cheesecake in the centre of the oven for 35 minutes. The brownie layer may rise slightly around the edges. Chill before serving. Decor-

ate with the icing sugar (with optional chocolate sauce and toasted peanuts).

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Kris Abel
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This outrageously styled pastry app offers flavourful cheesecakes, inventive tarts, and heartwarming dessert classics. It includes videos, timers, recipe finders, and a basics guide to help you invent your own.



Dessert. Raspberry Coulis with Molten Lava Truffle Cakes



1. In blender, purée raspberries and their juices, sugar and lemon juice until smooth. Pour through fine-mesh sieve over bowl. Using rubber spatula, press purée through sieve. Discard solids. Refrigerate coulis.

2. Preheat oven to 425 F (220 C). Generously butter six 3/4-cup (175 ml) ramekins.

3. In bowl, combine cake mix, eggs and melted butter. Using wooden spoon, stir 30 seconds to moisten. Scrape side of bowl. Stir for 1 minute. Batter will be very thick. Spoon evenly into prepared ramekins. Place ramekins on baking sheet. Bake in centre of oven for 9 minutes or until edges are set but centre is still soft. Remove from oven

and let stand for 5 minutes

4. Spoon 2 tbsp (25 ml) coulis onto each of six dessert plates. Carefully invert one cake onto each of the plates. Dust with icing sugar and garnish with a mint sprig, if desired. Save remaining coulis to drizzle over ice cream.

NEWS CANADA/PC.CA

Ingredients

- 2 cups (500 ml) whole frozen red raspberries, thawed
- 1/2 cup (125 ml) icing sugar
- 1 tsp (5 ml) fresh lemon juice
- 1 pkg (300 g) President's Choice The Decadent Molten Chocolate Cake Baking Mix
- 2 eggs
- 1/4 cup (50 ml) unsalted butter, melted

What Matters Now London

Tuesday, November 26, 2013 | 6:30 p.m. to 9 p.m.

London's Children Museum, London, Ontario

Moderated by journalist and broadcaster Piya Chattopadhyay. This free event is part of a province-wide discussion series featuring researchers from Ontario's universities. This event will be webcast live. Remote viewers can have their say and ask questions via Twitter, using the hashtag #whatmattersnow.

Ana Sanchez

Brock University
Can we eradicate infectious diseases?

Lorne Dawson

University of Waterloo
How much of a threat are Canadian terrorists?

Bill Anderson

University of Windsor
How do we improve our borderline relationship to the U.S.?

Jody Culham

Western University
How does the brain control the body?

Stephen Perry

Wilfrid Laurier University
How can we maintain mobility into old age?

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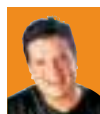
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Cabin fever

Baby, it's cold outside. Now that the summer cottage is a distant memory, warm up your space with these retro lodge accessories. They'll help take you back to the country.



DESIGN CENTRE
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Iconic art, now available for the sofa. Charles Pachter Baywatch Pillow, \$95, thebay.com.



Dream of the slopes while you're eating breakfast. Retro Vinyl Ski Place Mat, \$3.50, simons.ca.



From baking a cake to frying fish, cast iron is the little black dress of the kitchen. Lodge Cast Iron Grill Pan, \$25, westelm.com.

Keep your electronics cozy yet stylish during the winter. Luxe Faux Fur iPad Case, \$39 US, restorationhardware.com.



Feel like a kid again with a throw that invokes memories of camp. Bunk Throw, \$149, cb2.com.



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Buying into the Sabre way

OHL. Buffalo's front-office shuffle pays dividends in London



DAVE LANGFORD
dave.langford@metronews.ca

Two National Hockey League teams, two different philosophies and, right now, the London Knights are siding with Buffalo Sabres way of thinking over that of Pittsburgh Penguins.

Earlier this season, the Penguins approached the magical 10-game cutoff point by electing to retain Knights defenceman Olli Maatta, causing some angst in London.

And the Sabres seemed to be heading down the same path. That is until the organization cleaned house last week, bringing in a new head coach and a new top executive.

Within days, new head coach Ted Nolan elected to send 18-year-old defenceman Nikita Zadorov back to the Knights. Zadorov had played seven games with the Sabres, but had not dressed recently.

Zadorov skated with his new/old team for the first time Wednesday and will be in uniform when the Knights take on first-place Erie Otters on Friday night at Budweiser Gardens.

"(Ted Nolan) just said I'm 18 years old and a defenceman. He said I'm too young for the NHL," Zadorov said at practice Wednesday. "Just go back to junior. Have fun, play with the guys, get more experience for when I come up next year."

Knights general manager Mark Hunter was more than happy to get Zadorov back to anchor a suddenly veteran-laden blue-line unit.

"He brings offence and defence, which I think every hockey club needs from the back end," Hunter said. "He's

Leroux the odd overager out

Knights GM Mark Hunter took less than 24 hours to resolve his overager dilemma.

- With newcomer Zach Bell arriving via trade, the running total of OAs was four and only three are permitted to dress for any game. It appeared they were all going to be blue-liners.
- So on Wednesday, Hunter sent overage forward Paxton Leroux to Kitchener for the Rangers' fifth-round pick in the 2015 OHL draft. Leroux, a tough guy, had a goal and 32 penalty minutes for the Knights this season.

a presence. He hits, he's big, he plays tough. He keeps other players honest and he hits cleanly, which is something that you need."

Zadorov wasn't the only newcomer on the ice Wednesday. Defenceman Zach Bell, late of the Brampton Battalion and Ontario Reign of the ECHL, also had his first practice following a Monday trade.

Between the two players, the Knights added close to 450 pounds on the blue-line.

Bell was over-the-top excited to be joining his new team. In fact, he had trouble sleeping as talks between his agent, the Knights and the Battalion took place.

"I really wanted it to happen. It was a dream," Bell said. "I couldn't go to sleep at night thinking that I'm going to be a London Knight next day. So I just had to go to the rink and work hard every day."

Hunter obviously likes what he sees in Bell as well.

"He's a big, strong guy who can defend. He blocks shots. He brings a real presence back there and he finishes checks hard," Hunter said.



London Knights newcomer Zach Bell took in his first practice with the team Wednesday at Budweiser Gardens.
ANGELA MULLINS/METRO

MLB. Johnson now an ex-Blue Jay, joins Padres

Josh Johnson was looking for a team close to his Las Vegas home, and the San Diego Padres were looking for a top-of-the rotation pitcher.

The sides quickly agreed on an \$8-million US, one-year contract that was finalized on Wednesday.

The Padres, coming off a second straight finish of

76-86, hope they're getting the Johnson who was an all-star with Miami in 2009 and 2010 and not the one slowed by injuries last year while with Toronto.

Johnson, who had bone spurs removed from his right elbow on Oct. 1, was 2-8 with a 6.20 ERA in 16 appearances in 2013.

THE ASSOCIATED PRESS

Tennis

Bouchard named newcomer of 2013

Canadian Eugenie Bouchard is the WTA's newcomer of the year after reaching at least the quarter-finals five times in the 2013 season.

The 19-year-old Montreal native is ranked No. 32 in the world, tops among teenagers and Canadians. She reached her first WTA final in Osaka last month.

THE CANADIAN PRESS

Downhill skiing

Vonn's Olympic hopes in jeopardy

Lindsey Vonn partially tore one of the reconstructed ligaments in her surgically repaired right knee in a training crash that at the very least puts her preparation for the Sochi Olympics on hold. Vonn has not competed since needing surgery to fix her ACL and MCL after a crash nine months ago. THE ASSOCIATED PRESS

NHL

West really is best

It appears easy — or at least easier — to be in the East.

Going into Wednesday night's games, not one of the NHL's Eastern Conference teams would have made the playoffs if they switched conferences. Boston had 29 points for top spot in the East while Minnesota held down eighth in the West with 30. METRO

4-SPORTS



Roughriders head coach Corey Chamblin speaks to the media in Regina on Tuesday. NATHAN DENETTE/THE CANADIAN PRESS

Roughriders coach deflects pressure

Grey Cup. Chamblin and host team have faced huge expectations all year, culminating Sunday

They're the overwhelming favourite as Grey Cup hosts and are carrying the weight of an entire province's expectations.

But the pressure is off the Saskatchewan Roughriders, according to head coach Corey Chamblin. He says getting to Sunday's CFL championship was the real challenge.

"The biggest pressure for our team was making sure no one else sat in our locker-room," Chamblin said Wednesday at the annual Grey Cup

coaches news conference. "It's about working all off-season, all year to protect your house and that was the biggest thing and the biggest pressure we had.

"We're in it now and as I tell the guys, if we're good enough to be in it we're good enough to win it. It's time for it to be decided now on the football field, not in the media, not with trash-talking."

Riders general manager Brendan Taman made it clear early this off-season he was serious about fielding a Grey Cup contender with Regina hosting the big game. He acquired receiver Geroy Simon from the B.C. Lions before adding defensive linemen Ricky

Foley and John Chick and defensive back Dwight Anderson in free agency.

Not only are Simon, Foley, Chick and Anderson all CFL veterans but each has a Grey Cup ring, Chick earning his with the Riders in 2007 before heading to the NFL. However, adding experienced performers to an already solid core only served to jack up expectations in football-mad Saskatchewan, especially after both B.C. and Toronto had captured Grey Cup titles as the host city the past two years.

The Riders might be playing on their home field but Chamblin is attempting to reduce distractions by putting players in hotels and imposing a nightly curfew.

"When you look at the Grey Cup, it's a championship game (involving) the two best teams in the league," he said. "The biggest thing is I want them to stay in the routine they've been in, that they only think football." **THE CANADIAN PRESS**

Quoted

"If that's what it takes for them to win a championship then go right ahead."

Roughriders head Corey Chamblin when asked the traditional question of whether or not he's OK with his players having sex on the eve of the Grey Cup.

Cold snaps

Ticats weather Prairie chill

For Hamilton Tiger-Cats like Josh Bartel, Mosaic Stadium might as well have been on Pluto given the frigid temperatures Wednesday.

The Eastern champion Ticats ventured outside into the Grey Cup deep freeze and it didn't take long before players with visors looked like they needed an ice-scraper to see. Warm-air heaters drew a crowd. And when the lengthy practice ended, two snowplows took over the field.

The Hamilton players exchanged helmets for Grey Cup tuques and happily headed for the warmth of their hotel.

"I've told the boys that I'm going to be doing a lot of complaining (Sunday)," said Bartel, Hamilton's Australian punter.

The temperature was listed at minus-16 but it felt like minus-28. The forecast for Sunday is improved, with a daytime high of minus-one and low of minus-12. **THE CANADIAN PRESS**

NEXT HOME GAME



VS.

**Sunday
November 24th @ 2pm**

International Student Welcome Game



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ROAD TO THE THREE PEAT

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	21	14	6	1	59	38	29
Tampa Bay	21	14	7	0	66	55	28
Toronto	21	13	7	1	62	49	27
Detroit	22	9	6	7	54	62	25
Montreal	22	11	9	2	58	47	24
Ottawa	21	8	9	4	60	67	20
Florida	22	6	12	4	49	72	16
Buffalo	23	5	17	1	42	72	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	21	13	8	0	59	48	26
Washington	21	12	8	1	69	59	25
NY Rangers	21	10	11	0	43	52	20
Carolina	21	8	9	4	40	59	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	22	8	11	3	63	73	19
Philadelphia	20	8	10	2	40	50	18
Columbus	21	7	11	3	52	64	17

Wednesday's results

Minnesota at Ottawa
Pittsburgh at Washington
New Jersey at Anaheim
Columbus at Calgary

Tuesday's results

St. Louis at Buffalo 1
Toronto 5 NY Islanders 2
Philadelphia 5 Ottawa 2
Nashville 2 Detroit 0
Montreal 6 Minnesota 2
Boston 2 NY Rangers 1
Colorado 5 Chicago 1
Edmonton 7 Columbus 0
Florida 3 Vancouver 2 (SO)
Los Angeles 5 Tampa Bay 2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	22	14	4	4	79	66	32
St. Louis	20	14	3	3	70	47	31
Colorado	20	15	5	0	64	42	30
Minnesota	22	13	5	4	57	50	30
Dallas	20	11	7	2	58	56	24
Winnipeg	23	10	10	3	61	66	23
Nashville	21	10	9	2	48	63	22

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	23	15	6	2	72	59	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	22	15	6	1	63	48	31
Vancouver	23	11	8	4	58	61	26
Calgary	21	7	11	3	59	79	17
Edmonton	23	6	15	2	60	83	14

Note: Two points for a win, one point for overtime loss.

Thursday's games — All Times Eastern

St. Louis at Boston, 7 p.m.
Nashville at Toronto, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
Carolina at Detroit, 7:30 p.m.
Chicago at Winnipeg, 8 p.m.
NY Rangers at Dallas, 8:30 p.m.
Colorado at Phoenix, 9 p.m.
Florida at Edmonton, 9:30 p.m.
New Jersey at Los Angeles, 10:30 p.m.
Tampa Bay at San Jose, 10:30 p.m.

Friday's games

Montreal at Washington, 7 p.m.
NY Islanders at Pittsburgh, 7 p.m.
Florida at Calgary, 9 p.m.
Tampa Bay at Anaheim, 10 p.m.
Columbus at Vancouver, 10 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

(Two-game series; aggregate goals)

EASTERN CONFERENCE

KANSAS CITY VS HOUSTON

Leg 2 — Saturday's game
Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

REAL SALT LAKE VS PORTLAND

Leg 2 — Sunday's game
Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

101st GREY CUP

Sunday's game — All Times Eastern
Hamilton at Saskatchewan, 6 p.m.

DIVISION FINALS

EAST DIVISION

Sunday's result
Hamilton 36 Toronto 24

WEST DIVISION

Sunday's result
Saskatchewan 35 Calgary 13

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	8	3	.727	1 1/2
Chicago	6	3	.667	2 1/2
Philadelphia	5	7	.417	5
Atlanta	6	5	.545	3 1/2
Charlotte	5	6	.455	4 1/2
Orlando	4	6	.400	5
Detroit	4	6	.400	5
Toronto	4	7	.364	5 1/2
Cleveland	4	7	.364	5 1/2
Boston	4	8	.333	6
Washington	3	7	.300	6
New York	3	7	.300	6
Brooklyn	3	7	.300	6
Milwaukee	2	7	.222	6 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	9	2	.818	1/2
Golden State	8	3	.727	1 1/2
Oklahoma City	7	3	.700	2
Houston	8	4	.667	2
L.A. Clippers	7	4	.636	2 1/2
Dallas	7	4	.636	2 1/2
Minnesota	7	5	.583	3
Memphis	6	5	.545	3 1/2
Phoenix	5	5	.500	4
L.A. Lakers	5	7	.417	5
Denver	4	6	.400	5
New Orleans	4	6	.400	5
Sacramento	3	7	.300	6
Utah	1	11	.083	9

Wednesday's results

Indiana at New York
Washington at Cleveland
Brooklyn at Charlotte
Toronto at Philadelphia
Miami at Orlando
Detroit at Atlanta
Portland at Milwaukee
Utah at New Orleans
L.A. Clippers at Minnesota
Boston at San Antonio
Sacramento at Phoenix
Houston at Dallas
Memphis at Golden State
Thursday's games — All Times Eastern
L.A. Clippers at Oklahoma City, 8 p.m.
Chicago at Denver, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

If your instincts tell you to follow a path you would not normally take, do so without hesitation. The Sun's imminent change of sign promises all wonderful adventures for you over the coming four weeks.

Taurus

April 21 - May 21

You will do what is expected of you today but that does not mean you are obligated to do favours for everyone. The most useful thing you can learn over the next 24 hours is to say "no".

Gemini

May 22 - June 21

Loved ones may have found it hard to put their feelings into words in recent weeks but as of tomorrow, they will make up for it. They will come right out and tell you how they feel.

Cancer

June 22 - July 23

You have started many new projects in recent weeks but now you must ask yourself what you are hoping to achieve. Do you really need to work on so many things at once? You know the answer.

Leo

July 24 - Aug. 23

If a project you had high hopes for does not seem to be working, end it. That may sound drastic but as the Sun is about to move into the most dynamic area of your chart you don't have time to waste on failures.

Virgo

Aug. 24 - Sept. 23

You may find it hard to let your hair down over the next few days. Take it as a sign that you have important tasks to perform. You will know when it's time for fun and games.

Libra

Sept. 24 - Oct. 23

A minor argument has been blown out of all proportion and now people who were once your friends can hardly bring themselves to say hello. It's up to you to end this stupidity.

Scorpio

Oct. 24 - Nov. 22

You may find it hard to get along with people today, especially if you have doubts they are on your side. Are you right to be suspicious or is your mind playing tricks? You can't know, so don't take chances.

Sagittarius

Nov. 23 - Dec. 21

You have sacrificed so much in recent weeks and now there is nothing left to give. That's OK. Tomorrow the tide will turn in your favour and it will be you who receives so many amazing things from the universe.

Capricorn

Dec. 22 - Jan. 20

In the greater scheme of things, everything happens for a reason and if you keep your eyes and ears open today it's possible that you may catch a glimpse of the grand design.

Aquarius

Jan. 21 - Feb. 19

Your aim now must be to make friends, make plans and make the most of your talents. It does not matter what other people expect of you, it matters only what you expect of yourself.

Pisces

Feb. 20 - March 20

You may not be aggressive by nature but as the Sun approaches the career angle of your chart today and tomorrow you will certainly be assertive. What is it you desire the most? Take it. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Comic legend Ms. Burnett
- Li'l drill instructors
- Rake's spot
- 'River Horse', commonly
- Q. "How do you spell the synonym for 'Precedence'?" A. "P-r- - - - -t-y."
- Ms. Dunham
- Job type, _ _ . Asst.
- The Liberals, colloquially: 2 wds.
- Where Kampala is the capital city
- '60s abstractionism: 2 wds.
- PEI: _ _ Island Provincial Park
- Yellowknife's locale, for short
- The Lion
- Caesar's 106
- Crop up
- Port of Yemen
- When repeated with Zou, French tune
- Canadian actress Jessica Pare sang on "Mad Men"
- Island near the Statue of Liberty
- Hagar The Horrible's family wears these: 2 wds.
- Honolulu hello
- Swerved
- With competence
- Kilroy's Mr.
- Bio info
- Sorrow
- "Dallas" character

- La Compagnie de la Baie _ _
- Test Dummies
- Withstand
- Schmooser's greetings: 2 wds.
- Pondered
- Say it's nay
- Buckeye State
- Keen
- Celtic language
- "Because of

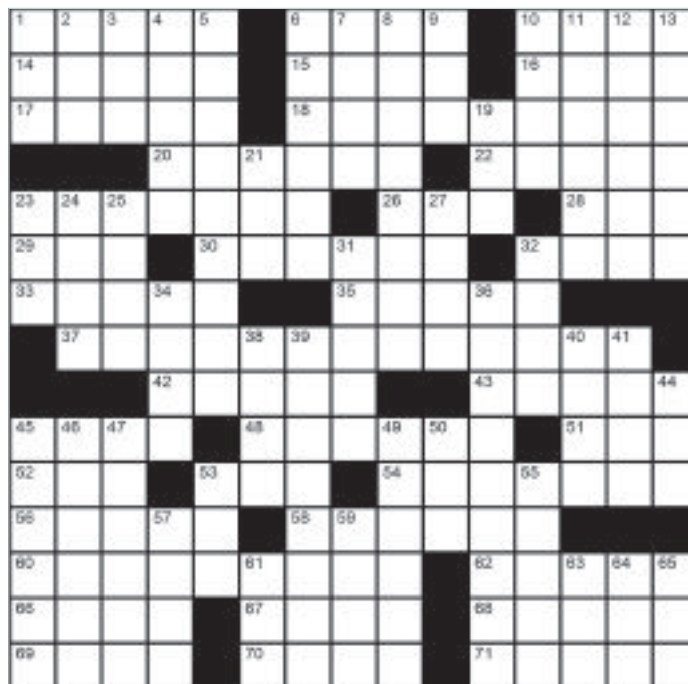
- "Dixie" (2005)
- Tibet's neighbour

Down

- Pussycat Dolls hit: "Don't _"
- Care
- Circling stat.
- Yves Saint Laurent perfume
- Quebec's fifth

- largest city
- John Hancock, in 1776
- Tragically Hip's Mr. Downie
- The Bermuda _
- Kennel command
- "_ Shot" (1977)
- Joyfully ring in
- Menu meal
- _ , Ohio
- Stove topper

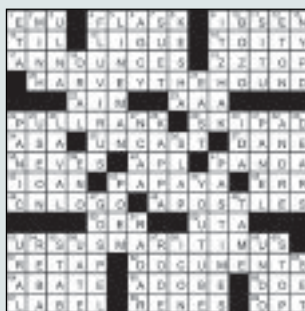
- Strong- _
- Banned pollutant, commonly
- Tel _
- Inconclusive
- Water source
- Sobering spot for celebs
- Voyaging on the ocean
- Approve
- "If you want a



See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- partner / Take my hand... goes this Leonard Cohen tune: 3 wds.
- Ms. Ephron
- CBC personality Jian
- Poetic contraction
- Kind of lily
- Hideaway
- Canuck band, _ Fire
- Bone-holding digging dog
- Gains knowledge
- _ _ favourite
- Pre-Fri. day, variantly
- Greek letter
- Two
- Canadian singer Ms. Sweetnam
- No: German
- Plant seeds
- "How ya doin'?"
- Airport posting, for short
- Benicio _ Toro

Yesterday's Crossword

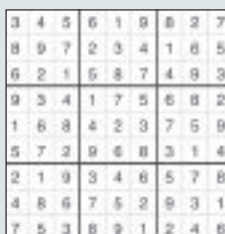


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

7°/0°

Showers

80%

Friday

10°/-6°

Rain

80%

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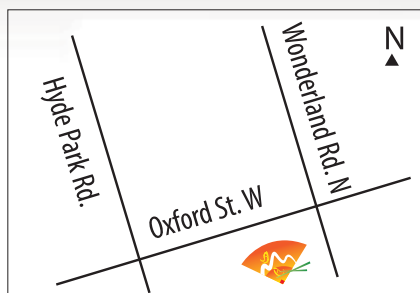


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